

# Anti-Inflammatory Compounds Found in Chocolate Harmful to Immune System, May Worsen Cold and Flu Season

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## Introduction

Although chocolate is promoted (by industry associations) as being beneficial to health by dint of containing anti-inflammatory compounds, these compounds, when consumed repeatedly over time, cause harmful side-effects consistent with long-term corticosteroid use. Foods and beverages rich in chocolate are consumed in the highest quantities beginning at Halloween and throughout the winter, making chocolate a stealthy culprit in exacerbating the annual cold and flu season. Children, who consume chocolate in the largest quantities, spend more days per year sick than adults, who consume less.

## Abstract

Even a mild immunosuppressive factor, when simultaneously manifest in large numbers of individuals, can have a unexpectedly significant effect on the severity of disease outbreaks. To understand why mild steroidal compounds found in chocolate can increase the rate of the spread of disease, one need only look at statistical data concerning drunk driving and the impact of even moderate alcohol consumption on reaction time and by extension, accident risk.

If one individual is mildly intoxicated, their reaction time might be slowed by 2/10ths of one second; a delay that does not significantly increase the risk of automobile accident so long as the mildly intoxicated driver is surrounded only by non-intoxicated drivers. When large numbers of mildly intoxicated drivers are on the road at the same time, the delay in reaction time is effectively doubled. Two individuals with a 2/10th second delay in reaction time, for instance, would effectively suffer from a 4/10th second combined delay in reaction time. This more significant delay would, particularly in an environment in which mild intoxication is tolerated by authorities, result in a significant statistical increase in accidents. Many governments have sought to deter even moderate drinking and driving on the basis of cognizance of this effect.

By the same token, when T-cell counts (or perhaps other more oblique factors) are even slightly reduced in 30-50% of the population, the odds of a cold or flu virus overwhelming the immune defenses of large numbers of individuals increases. Slight impairment of the immune system of 30-50% of the population would have the effect of making the spread of any disease for the reason that the number of carriers (mildly symptomatic or asymptomatic individuals) would be dramatically increased. While mild immunosuppression would not dramatically increase the severity of symptoms for those who become ill, the sheer quantity of individuals exposed to an infection would be greatly amplified by dint of the

failure of the immune system of certain individuals who would have otherwise suppressed viral activity before viral load increased sufficiently to transform them into carriers to quickly defeat mild infections. Even a slight delay in the *reaction time of the immune system* would, much as with widespread acceptance of moderate drinking and driving increasing the rate of automobile accidents, have a cumulative effect that would massively and unexpectedly amplify the rate of the spread of infection.

## **Conclusion**

Governments, even in the aftermath of a major global pandemic, have failed to recognize the cumulative effect of mild immunosuppression at scale caused by chocolate consumption. Chocolate, given that it contains compounds which ought to be classified as steroids (but are not,) should be more closely studied for its harmful immunosuppressive effects.

Given that billions of dollars per year in profits could evaporate in the event that chocolate's harm to the immune system becomes widely known, it is likely that studies into this matter would be both overtly and covertly challenged by the industry.